

Dr. Josephine Namitha Jilboy

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PROFILE

A dedicated and compassionate International Medical Graduate with 4 years of clinical experience, having completed undergraduate medical training (MBBS) in India. Adept at clinical evaluation, emergency care, documentation, and maintaining clear, empathetic communication with patients and healthcare teams. Successfully cleared PLAB 1 and currently preparing for PLAB 2, scheduled for 4th November 2025, as part of the pathway toward GMC registration and a career within the NHS. I am currently aiming to further my medical career in the UK, with a keen interest in developing my clinical competencies within the National Health Service. I look forward to contributing meaningfully to the healthcare system while simultaneously enhancing my professional skills and expertise.

EDUCATION

- **Bachelor of Medicine and Bachelor of Surgery (MBBS)**
KMCT Medical College, Mukkam (Kerala University of Health Sciences) Sept 2015 – Mar 2020
- **PLAB 1** MAY 2025

PROFESSIONAL EXPERIENCE

- **Rajagiri Hospital, Aluva, India** Sept 2021 – July 2024
Ward Medical Officer
 - Took daily ward rounds for inpatients, assessing clinical status, documenting progress, and coordinating care with the medical team.
 - Handled a wide range of acute and chronic conditions in multispecialty settings.
 - Actively responded to medical emergencies, including cardiac arrests and deteriorating patients, initiating life-saving interventions such as CPR and early management.
 - Took responsibility for death certification, including clinical confirmation, documentation, and communication with team and relatives.
 - Communicated diagnoses and procedures clearly to patients and caregivers.
 - Mentored new doctors and supervised junior medical staff.
 - Collaborated with multidisciplinary teams to improve patient outcomes.
 - Interpreted diagnostic lab values, ECGs, and imaging—for clinical decisions.
 - Participated in public health outreach and community medical camps.
 - Provided critical care for COVID-19 patients in ICU settings.
- **Aster Medcity, Kochi, India** May 2021 – Sept 2021
Locum Resident
 - Conducted pre-vaccination assessments and post-vaccination care for COVID-19.
 - Guided patients on vaccine safety and protocols.
 - Collaborated in large-scale vaccination outreach programs.
- **KMCT Medical College, Calicut, India** Apr 2020 – May 2021
Junior Doctor – House Officer Rotations
 - Completed rotations in Medicine, Surgery, Pediatrics, OBGYN, Emergency and other departments.
 - Managed OPD, wards, casualty, and ICU and assisted in procedures and rounds.
 - Handled COVID-19 duties in ICU, fever clinics, and rural screening camps.
 - Delivered primary care at rural Community Health Centre, Kolencherry.
 - Managed medical and surgical emergencies including trauma, deliveries, and critical care.
 - Engaged in continuous learning through CMEs, webinars, and clinical workshops.

CLINICAL EXPERTISE

Leadership and management: Team Leader – Ward Department (Jan 2023 – July 2024)

- Organised and coordinated medical camps, ensuring efficient planning, team allocation, and delivery of patient care services in community settings
- Created and managed the duty roster to ensure adequate staffing and coverage.
- Mentored and guided newly joined doctors, providing clinical support and supervision.
- Communicated effectively with multidisciplinary teams, including nurses, doctors, and allied health professionals, to ensure cohesive patient management in department of Ward.

CLINICAL SKILLS:

- **NG Tube Insertion:** Skilled in safe insertion and placement confirmation of NG tubes for enteral feeding, gastric decompression, and medication administration in both elective and emergency settings.
- **Male & Female Catheterisation:** Proficient in aseptic insertion and maintenance of urinary catheters (both male and female), including management of catheter care and troubleshooting common issues.
- **Wound Suturing & Dressing:** Experienced in wound suturing, assessment, cleaning, and applying appropriate dressings to promote healing and prevent infection.
- **Foreign Body Removal:** Assisted in removal of foreign bodies from common sites such as ear, nose, throat, and superficial soft tissues using appropriate instruments and techniques under aseptic conditions.
- **ABG sampling and Iv cannulation:** Trained in arterial blood gas sampling and venous blood collection under supervision during clinical rotations.
- **Thoracocentesis:** Assisted in performing thoracocentesis for diagnostic and therapeutic purposes.
- **Central Line Removal:** Skilled in safe removal of central venous catheters with adherence to aseptic protocols and patient monitoring to prevent complications.
- **ECG/X-ray Interpretation:** Competent in recording and interpreting ECGs to identify arrhythmias, ischemic changes, and other cardiac abnormalities in acute and routine care.

TEACHING EXPERIENCE

- **Clinical Bedside Teaching:** Taught junior medical students during ward rounds and case discussions, focusing on history-taking, clinical examination skills, and patient communication.
- **Academic Presentations:** Delivered topic-based presentations during departmental academic sessions and clinical postings to peers and supervisors, enhancing collaborative learning.

SOFT SKILLS

- **Teamwork:** Collaborated effectively within diverse healthcare teams, fostering a supportive and cooperative environment. Coordinated with various departments to deliver integrated patient care and community health initiatives such as medical camps.
- **Problem Solving & Decision Making:** Assessed acute medical situations promptly and initiated life-saving interventions as a first responder. Made critical decisions in fast-paced and high-stress environments while balancing patient safety and resource availability.
- **Organization & Time Management:** Managed multiple responsibilities efficiently, including clinical duties, administrative tasks such as duty rosters, and community outreach programmes. Prioritized tasks to ensure effective workflow and timely patient management.
- **Empathy & Compassion:** Delivered patient-centered care with sensitivity to the emotional and psychological needs of patients and their families, particularly during challenging circumstances such as end-of-life care.
- **Adaptability:** Adapted quickly to changing clinical environments, diverse patient populations, and evolving healthcare demands. Successfully adjusted to high-pressure situations such as acute emergencies, ward leadership responsibilities, and community outreach work. Demonstrated flexibility in balancing clinical, administrative, and mentorship roles across various settings.
- **Languages:** English (Full Professional Proficiency), Malayalam (Native)
- **Interests:** Art, Travel, Videography.

WORKSHOPS

- **Emerge - Mastering the art of Trauma Care, CME Workshop & Trauma Care**
Medical Trust Hospital, Kochi *May 2024*
- **Interactive Workshop on Research Writing & Publication**
Rajagiri Hospital, Kochi *Dec 2023*

AWARDS

- **Certificate of Participation - EmerGenZ-2023**
Aster Emergency Medicine Conclave - Faculty/Delegate participant, Kochi *June 2023*
- **Certificate of Completion - Cardiac Life Support**
Rajagiri Hospital, Kochi *Nov 2022*
- **Certificate of Appreciation - CORONA WARRIOR**
KMCT Medical college Hospital *May 2021*
- **Certificate of Participation - Basic concepts in Pediatrics**
KMCT Medical college & Indian Academy of Pediatrics, Kozhikode *Jan 2020*
- **Certificate of Participation - PLEURACON 2019 - CME on Pleural Disease**
Department of Pulmonary Medicine KMCT Medical College *Mar 2019*

REFERENCES

- **Dr. Remya Mathew**, Consultant – PMR, Rajagiri Hospital, Aluva, India — +918220373001 — remya.mathew@rajagirihospital.com
- **Dr.Sunny P Orathel**, Consultant-Medical Superintendent, Rajagiri Hospital, Aluva, India, +919447661668—medsupdt@rajagirihospital.com